



## PE

### Progression of knowledge, skills and understanding: Key Stage 1

Theme	Class 1	Class 2
Games/Multiskills	<p>Can throw and catch a ball with a partner</p> <p>Can move fluently by changing direction and speed easily and avoiding collisions</p> <p>Can show control and accuracy with the basic actions for rolling, underarm throwing</p> <p>Can strike and kick a ball with control</p> <p>Can choose and use skills effectively for particular games</p> <p>understand the concepts of aiming / hitting into a space (e.g. cricket, rounders, badminton and tennis)</p> <p>Be able to run and jump with control (e.g. hurdles)</p> <p>Be able to catch a ball / moving object games (e.g. cricket / rounders)</p> <p>Can try to win by changing the way they use skills in response to their opponent's actions.</p>	<p>Can pass a ball accurately to a partner over a variety of distances</p> <p>Can perform a range of rolling, throwing, striking, kicking and catching skills, with control</p> <p>Can show a good awareness of others in running, chasing and avoiding games</p> <p>Can make simple decisions about when and where to run</p> <p>I can develop basic tactics for small team games</p> <p>Can react to situations in a way that helps their partners and makes it difficult for their opponent</p> <p>Set myself targets to improve my performance</p>
Gym	<p>Copies and explores basic movements with some control and coordination.</p> <p>Explores and creates different pathways and patterns.</p> <p>Can perform different body shapes</p> <p>Uses equipment in a variety of ways to create a sequence</p> <p>Performs at different levels</p> <p>Link 2-3 movements together to create a sequence</p> <p>Can perform 2 footed jumps</p> <p>Can say what they like about their own and others shapes</p> <p>Can use equipment safely</p> <p>Balances with some control</p>	<p>Copies and explores basic movements with control and coordination.</p> <p>Explores and creates different pathways and patterns.</p> <p>Uses equipment confidently in a variety of ways to create a sequence</p> <p>Link 3-4 movements together to create a sequence using different levels confidently.</p> <p>Can jump in a variety of ways</p> <p>Can say what they like about their own and others shapes and what could be improved</p> <p>Uses equipment safely</p> <p>Balances with control</p>

<p><b>Dance</b></p>	<p>Copies and explores basic movements  Copies and explores body patterns  Remembers simple movements and dance steps  Links movements to sounds and music.  Responds to range of stimuli.</p>	<p>Copies and explores basic movements with clear control.  Varies levels and speed in sequence  Can vary the size of their body shapes  Add change of direction to a dance sequence  Uses space well and negotiates space clearly.  Can describe a short dance using appropriate vocabulary.  Responds imaginatively to stimuli.</p>
<p><b>Athletics</b></p>	<p>Can run at different speeds.  Can jump from a standing position  Performs a variety of throws with basic control.</p>	<p>Can change speed and direction whilst running.  Can jump from a standing position with accuracy.  Performs a variety of throws with control and co-ordination.  Can use equipment safely</p>
<p><b>Healthy body and mind</b></p>	<p>Awareness of body changes during exercise (heart rate, heavy breath, hot, sweaty).  An understanding of the need for PE uniform (changing, safety).  Awareness of how exercise is important for a healthy lifestyle and mind</p>	